

THE VOICE



of La Voz the new Haverhill COA

COA Staff:

Vincent Ouellette, Director

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Rita LaBella, Activities
Wendy Farewell, Adm. Asst.
Mary Connolly, Nurse

COA Board of Directors:

Sheila Babolian,
Marcelle Greenbaum,
Kathy Pothier, David Prescott,
Marilyn Shahian,
James Florentini, Mayor

A Newsletter for Haverhill Residents from 60 to 106

10 WELCOME STREET ~ HAVERHILL, MA 01830 ~ 978-374-2390

July 2016

Hours: Monday-Friday, 8 AM - 4 PM

The public is cordially invited to the **second annual flower and art show at Haverhill Crossings, Thursday, June 30, 2 to 4:00PM**, 254 Amesbury Rd. Event sponsored by the Amesbury & Haverhill Councils On Aging. Local seniors & artists will display & may sell their works of art while local florists compete in a creative design contest. Each attendee will receive a **free raffle ticket** to enter to win their favorite floral design; Live music; bake sale to benefit Alzheimer's Association.

UNITED HEALTH CARE will be available for questions regarding their programs on **Monday, July 11 from 10 - 11:30AM in Haverhill C.O.A. Dining room.**
Ask for Cecelia.

ESMV will be at Haverhill COA to talk about
Adult Protective Services
Monday July 11 11:45am to 12:15PM
Kate Nacey will be talking about accessing services of Adult Protective Services & will be available to speak privately on Elder Abuse issues. **FREE -- PUBLIC WELCOME.**

Meet the Nutritionist & Learn About Sodium

JULY 18 10:00AM FREE

Elder Services Registered Dietitian Leigh Hartwell will be presenting at Haverhill COA, 10 Welcome St., Haverhill.
Please REGISTER w/ the COA 978-374-2390 ext 11 or 16

SENIOR Summer BBQ

Hosted by ESMV and Meals-On-Wheels

Served at Haverhill Citizens Center dining room

August 26, 2016 11 a.m.

Menu: Hamburgers, Hot Dogs, Potato Salad, Baked Beans,
Corn on the Cob, Watermelon

Please sign up w/ Mary in the Kitchen by August 17th, 2016

Must be 60+ years old & need to have filled out a Merrimack Valley Nutrition Client Registration Form

Chair Massages offered for \$5 for Haverhill Seniors, first Tuesday of the month by licensed massage therapist Susan L. Plouffe,
Walk-in; first come/first served at Haverhill C.O.A.

Veteran Annuity: Are you eligible????

The Commonwealth of Massachusetts & its Department of Veterans' Services are pleased to provide an annuity in the amount of \$2,000 payable biannually on Aug. 1st & Feb. 1st in two installments of \$1,000 each, in recognition of the service of our **distinguished 100% service-connected disabled veterans, to the parents of distinguished veterans (Gold Star Parents), widow/widowers (Gold Star Wives or Husbands) of distinguished veterans who gave their lives in the service of their country during wartime.** Application can be made in the Veterans Services Office, contact for required documents needed. 978-374-2351

Exposure to Agent Orange in Vietnam

Veterans who suffered exposure on land in Vietnam or on a ship operating on the inland waterways of Vietnam between Jan. 9, 1962 & May 7, 1975.

VA assumes that certain "presumptive" diseases can be related to a Veteran's qualifying military service. **Compensation claim can be made in the Veterans Services Office, 10 Welcome St, Haverhill, MA 01830; contact for required documents needed: Mike Ingham 978-374-2351**

Haverhill C.O.A. Special Trips:

Overnight tour to Tanglewood on Parade in Lenox

Tues., Aug 2 - Wed., Aug. 3 Staying at brand new Hampton Inn on Lenox/Pittsfield line, w/ full course luncheon included prior to going to Tanglewood; seats in The Shed: evening performance.

Touring/visiting many super places on Aug. 3 Cost: \$349pp-double/ \$329pp triple/ \$499 single **Groups, Inc.**

Volunteer Case Review Program for MA Department of Children & Families

Community members (NOT employed by the DCF) who participate on panels to review the cases of children who have been placed in foster homes or substitute care.

Each review lasts about 1 ½ hrs. & is conducted at a local DCF area office Mon-Fri between 9:30AM & 4:30PM.

Each child's case is reviewed every six months to ensure that the necessary services are being provided. Each panel is made up of 3 members: Case reviewer from DCF, Admn. Staff member of local DCF office & the Volunteer Case Reviewer from the local community.

www.state.ma.us/dcf or 1-800-KIDS.508 or 617-748-2000

Citizens Center of Haverhill (C.O.A.) Beneficios para las comunidades Latinas y de otros países

Bolsa de alimentos: recuerde que la bolsa de alimentos **Brown bag** (BOLSA CAFE) se entrega UNICAMENTE el primer Martes de cada mes entre las 10:30 A.M. y las 3:00pm

Elaboración de cobijas para niños. Traiga sus tijeras y participe en este importante programa voluntario para niños los Martes de 9:30 a 11:00 a.m. en el sótano del Senior Center.

Chequeo de la presión arterial: los Martes de 9:00 a 11:00 AM. venga y controle su peso y presión arterial. Regístrese al llegar a la oficina 6.

Las personas mayores de 60 años pueden almorzar de lunes a Viernes en el Centro de Servicios para el Ciudadano, la donación sugerida es de U.S. 2.00 por cada almuerzo. Inscríbase con dos días de anticipación.

Grupo con baja visión: las personas con limitación visual reciben orientación el primer Lunes de cada mes en el salón de 9:00 a 11:00 am. Deben inscribirse con anticipación

Meeting of Coloring Club for Adults

@ Haverhill C.O.A. Thursdays 9 AM – 11 AM

Local artist Christine Costanzo invites you to come & find out what this new, fun, relaxing social activity is all about!!

FREE; supplies provided, (or bring your own).

No experience or artistic talent necessary.

Please Register so we have enough materials: 978-374-2390

Watch for Upcoming C.O.A. Activities:

Isle of Shoals Boat Ride, Warren's, Kittery Restaurant luncheon w/ salad bar and entrees, Pigs Fly Bakery Wed., August 24 Cost: \$84pp Royal Tours, LLC.

Presentation on Rocks Village, Haverhill October 19

slideshow presentation (no hands on objects)

Sarah Sycz Jaworski, **Historic New England**

617-994-5970 sjaworski@historicnewengland.org

To REGISTER, call Haverhill COA 978-374-2390 ext 16

Meals on Wheels Volunteer Drivers Needed

The Nutrition program is looking for a few Meals on Wheels Drivers for the Haverhill Area. If you have a few hours a day Monday through Friday & a vehicle AND would like to help homebound elders get a nutritious hot lunch, give us a call! Virginia: 978-651-3020 or email vchapinski@esmv.org

Comedy Masque Review

Rehearsal 9-11 am Tuesday

C.O.A. Dining room, 10 Welcome St., Haverhill, MA (Comedy Masque performs at local nursing homes as a volunteer project, also)

Come to Listen, sing along, +/or Join the Group!

New Members are Welcome!!!

Senior Golf Clinic at

Garrison Par Three Golf Course

Get out those golf clubs....it's time to participate in the Haverhill COA senior golf clinic! Ted Murphy of Garrison Golf, 654 Hilldale Ave., will be on hand to offer lessons **every Wed. morning 10:00am Cost: \$12 per lesson**

Recuerde – BROWN BAG 10:30am-3:00pm

(TUESDAY) @ the COA

Julio 5, 2016 Agosto 2, 2016 Septiembre 6, 2016

Brown Bag Pick-Up Dates @ the COA

Always the 1st Tuesday of the Month,

10:30am - 3:00pm

July 5, 2016 Aug. 2, 2016 Sept 6, 2016

Brown Bag Program (1st Tuesday of each month)

YOU NEED TO SCAN IN, WHEN YOU COME IN TO RECEIVE YOUR BROWN BAG.....

So you need to be registered with the Council On Aging & have a scan card.

See Rita / Kathy, if you don't have a COA card.

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,

7 PHILBROOK TERRACE, HAMPTON, NH 03842

FRUSTRATED WITH FINDING RELIABLE AND HONEST HELP?

I live a phone call away in Haverhill, MA and am bonded and insured.

You can depend upon me to transport you, shop and run errands, prepare meals or assist with your pet.

CALL PEGGY CONNOLLY AT 781-424-7999

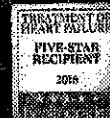
Hereforyou728@yahoo.com

EXCEPTIONAL CARE FOR SENIORS FROM ONE OF AMERICA'S BEST HOSPITALS

Holy Family Hospital offers award winning, personalized care for seniors including:

- The Center for Orthopedic Excellence which performs nearly 4,000 procedures per year
- Cardiovascular care and a state-of-the-art cardiac catheterization lab
- A Senior Adult Behavioral Health program
- Oncology/Hematology by Dana-Farber Community Cancer Care

Holy Family Hospital



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Patrick J. Driscoll

Could you use extra money for food? Join us for BINGO, prizes, & a chance to learn more about the Supplemental Nutrition Assistance Program! SNAP

Greater Boston Food Bank & Haverhill C.O.A. announce that SNAP (food stamp) application assistance will be available **Wed., Sept. 14 1:00pm at Haverhill Citizen Center.** Christa Mayfield, SNAP Application Assistance Counselor, will discuss the SNAP program, answer questions, facilitate a fun game of BINGO, & assist seniors with application process & help you follow up with the Department of Transitional Assistance (DTA) to make sure you get the benefits you deserve. Many people are unaware of the income eligibility requirements for SNAP or the ability for seniors to claim medical expenses in order to receive a higher benefit amount. **If your gross income is less than \$1,980 a month for a household of 1 (or \$2,670 for a household of 2) then you are eligible for SNAP benefits.**

Info: Christa Mayfield 617-598-5022 snap@gbfb.org

BrookRidge Community Church -

Free Community Meal on last Sunday of each month, year round, from 4-6pm. **Everyone is invited.** Enter by the front of the church, through the handicap ramp entrance.

BrookRidge Community Church, 232 Main St., Haverhill
info@brookridge.org 978-372-3933

ATTENTION SENIORS !!! OPEN HEARTS MINISTRIES

Would like you to join us for **LUNCHEON**
On the **FOURTH** Wednesday of each month
at 12:00 noon in Fellowship Hall of
the First Baptist Church, 217 Main St, Haverhill
Lunch will be served at 12:00 noon **FREE**

YOGA CLASS CHANGES

For information on the 6:00 p.m. Community Yoga classes at the Giving Tree Yoga and Wellness Center located at 129 Essex Street, contact Suzanne Borgioli 917-232-2426.

For information on the Haverhill COA yoga class at 1 p.m on Tuesdays, please call Kathy or Rita at 978-374-2390.

Chunky's Cinema is proud to announce...

Free Monthly Showings of the Classics : Wednesdays, Movies show at 12:00pm / Doors open at 11:00am.

All group sizes are welcome...on first come, first serve basis. Groups of 8 or more...please email wdavis@chunkys.com or call 1-888-879-9001 for a group reservation.

RUTH'S HOUSE 978-521-5575

BRA DROP BOX @ Haverhill COA Lobby
For your gently used (or new!) bras.

ALSO: Seeking a Volunteer Van Driver on Tues.

RUTH'S HOUSE

Do You Know a Senior who needs a COAT?

If they are 62 or older, use SNAP, Veteran's Aid, Mass Health, SSI, Fuel Assistance or are low income.

Call 978-521-5575 Tues - Fri 10:30 AM to 2:30PM

**INDEPENDENCE DAY
"LET FREEDOM RING"**



ATTENTION SENIORS!

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SENIORS ON THE GO TRIPS TRIPS TRIPS

Haverhill Council On Aging TRIPS

978-374-2390 Kathy ext 11 or Rita ext 16

e-mail: kbresnahan@cityofhaverhill.com or
rlabella@cityofhaverhill.com

You don't have to be a "Senior" to go on these trips!!!

Lobsterfest at Newport Playhouse, Newport, RI.

Tues., Aug. 9 A repeat of a total sell-out from 2 years ago. Incredible Lobsterfest buffet including an array of seafood; chicken for non-lobsters. Performance: "Flamingo Court" in their theater ... absolutely hilarious show, followed by a cabaret where you'll be able to choose your dessert from the buffet AGAIN. Cost: \$97 pp Groups, Inc.

Isle of Shoals Boat Ride, Warren's, Kittery Restaurant luncheon w/ salad bar and entrees, Pigs Fly Bakery Wed., August 24 Cost: \$84pp Royal Tours, LLC.

FOXWOODS Tues., Sept 13 Cost: \$35 (incl motor coach transportation, \$15 food voucher, \$10 game play) For BINGO players, we will arrive at Foxwoods at 9AM. Hav. C.O.A.

New England Goes Country & NH Turkey Train Foliage ride, Turkey Luncheon by Hart's Turkey Farm on board, Jimmy Lehoux Country Band at The Flying Monkey venue, Plymouth, NH. Cost \$99 October 18 BOT tour

OVERNIGHT TRIPS:

Overnight tour to Tanglewood on Parade in Lenox Tues., Aug 2 - Wed., Aug. 3 Staying at brand new Hampton Inn on Lenox/Pittsfield line, w/ full course luncheon included prior to going to Tanglewood; seats in The Shed: evening performance. Touring/ visiting many super places on Aug. 3 Cost: \$349pp-double/ \$329pp triple/ \$499 single Groups, Inc.

BREAK FOR MOOSE Grand Resort Hotel @ Sunday River Oct 6-8 (Thurs-Sun) incl: Sunday River Fall Festival; 4 meals, Freyburg Fair admission, Choldola Ride to North Peak, Moose Safari. Call C.O.A. for flyer BOT

White Mountain Hotel & Resort 2 nights/3 days Dec 7-9 Incl: 2 nights accommodations; 5 meals; 3 shows; ride on Conway Scenic Railroad "Apple Cider Express"; Special cocktail prices; all room/meal taxes & gratuities)

Patriots Game in Buffalo Oct 30 TBD Groups, Inc.

LifeLongJourneyHaverhill

please call Darlene Sutton 978-476-4677 or

LifelongJourneyHaverhill@gmail.com

www.lifelongjourneyhaverhill.com

Country BBQ w/ Bobby G.- July 15 (noon); Lobster Bake- Aug 19 (noon); "Thoroughly Modern Millie" @ Robinson Theatre, Waltham July 7; "Crazy For You" @ Robinson Theatre, Waltham Aug 11.; Sept 13 Foxwoods Casino

Merrimack River Park on Route 110 near the

Methuen line is OPEN!!! 24 hrs. a day- Carry In/Carry Out Refuse control; VOLUNTEERS needed a few hours a week to pick up litter to maintain the beauty of the area. 978-372-8231

End of Life Care: Become a Hospice Volunteer

Using lecture, real life stories & small group exercises you will learn how to provide practical help & emotional support to those with life limiting illness & their loved ones; comprehensive 5 week training w/ a certificate. Ordinary people making an extraordinary difference! Held at Merrimack Valley Hospice House, 360 North Avenue, Haverhill, MA Contact: Volunteer Manager at 978-552-4522 VolunteerManager@homehealthfoundation.org <http://www.homehealthfoundation.org/mvh-volunteers/>

Bereavement Groups:

The Grief Journey

Wednesday afternoons 2:00 - 3:30 P.M.

Widows and Widowers Group

Beginning the Grief Journey ~ for Seniors

Wednesday mornings 10:30 - 12:00 NOON

Co-sponsored with H.L. Farmer & Sons Aftercare Held at Merrimack Valley Hospice House 360 North Ave. Haverhill, MA

For information and to register call 978-552-4510

Two General Loss programs during July & August:

Every Wed., from 2- 3:30 @ Merrimack Valley Hospice House, Haverhill. Pre- registration requested / call Lois Marra LMHC @ 978-552-4537

Merrimack Valley Hospice is offering a Men's Support Group meeting at Merrimack Valley Hospice House, 360 North Ave., Haverhill. A safe, supportive environment for men who are grieving to share their experiences & feelings as well as learn about the grieving process; led by specially trained facilitators & focus on the issues specific to men who have lost a loved one. www.MerrimackValleyHospice.org.

Info/Register: 978-552-4537 Emily Dingee

Buttonwoods Place Adult Day Health Center in Haverhill

providing quality Health Care Services to adults with ongoing medical, social, rehabilitative & cognitive needs since 1976. MassHealth reimbursement accepted.

www.ButtonwoodsPlace.com or call 978 373 1584 for info or to schedule a tour at 75 High Street, Haverhill. Currently openings for new participants & transportation is available. Center open Mon - Fri 7AM to 3:30PM

LIVESTRONG at the YMCA

is helping people move beyond cancer. Join fellow survivors & a caring community of staff at Haverhill YMCA for a 12 week complimentary program to build muscle & strength, increase flexibility, improve day to day life; Full Y membership included. takesianw@northshoreymca.org

Contact: Wendy Takesian 978-374-0506 x1607

The Haverhill COA is hosting a

"Terrorism in the Middle East" discussion group

on the 2nd & 4th Tuesdays of the month at 10AM

Jay White, a retired FBI agent and a former member of the Joint Terrorism Task Force, will facilitate. Jay is an adjunct faculty member at several area colleges. Discussions are sure to be lively and informative.

Contact Kathy or Rita 978-374-2390 for details.

Haverhill Public Library - ACTIVITIES
99 Main St. Haverhill, MA 01830 www.haverhillpl.org
Calendar of Events or 978-373-1586

PLEASE, Pre-Register for these activities; all are FREE & open to the public; no library card needed:

Microsoft Word Classes July 5 & 12 2:30 – 4PM FREE for ADULTS of all ages. Must know how to use a mouse & keyboard REGISTER!

Learn How to Use Tablets the Library -- 2 sessions!
July 11 at 7PM iPhones/iPads. & July 12 at 7PM Android phones & tablets. **FREE REGISTER!**

Library shows FREE movies: call for titles...
Recent Movies: Sat., July 30 at 1 pm.
Movie Matinees-Classic Films: TUESDAYS at 10am

Genealogy Lecture Class- Intro. Genealogy Part 1 class July 26 from 1:30 – 3:00 p.m. FREE Beginner Family research

Meeting of Coloring Club for Adults FREE
Tues., July 12 at 6 PM & Sat., July 23 at 2PM.
All materials provided. **REGISTER!**

Get Lit book club (call Lib. for date) 7 – 8:45pm @ Barking Dog Ale House, Washington St. The club, aimed at 20- to 30-somethings.

Join fellow Whovians July 14 at 4 p.m. Dr. Who Club monthly meeting! All ages welcome.

Library's Knit & Crochet Group meets twice this month July 2 1 to 3 p.m. & July 19 7 to 8:45 p.m.

Photography Group July 18 at 7PM FREE Open to All!

LICE! Fact vs. Fiction! July 28 at 7PM presented by Jessie Baade, formerly of Lice Aunties. REGISTER!

Hiking w/ Kids author Dan Szczesny: The adventures of Buffalo & Tough Cookie July 19 at 7PM REGISTER!
Access movies, TV shows, music albums & audiobooks w/ (hoopladigital.com); requires library card to access.
HPL Mobile (FREE) powered by boopsie, allows access to your library account w/ library card & smartphone or tablet.

SCRABBLE played TUESDAYS at 3:00pm
at Haverhill Public Library, Morton Reading Room
Bring your Board & Tiles. Contact: Pat Stoute 978-918-2234

@ the Langley-Adams Library
185 Main St, Groveland, MA 978-372-1732
www.langleyadamslib.org

All programs are free & open to the public. **Please register.**
Mon., July 11 6:30 – 7:45PM Guest Lecturer: Alan Banks: 6 mile "Emerald Necklace"; **Wed., July 27 6:03 – 7:45PM** The Dustan-Garrison House 8th descendant of Hannah Duston, Diane Dustin Itasaka presentation on historic house.

ONGOING EVENTS:

Adult Scrabble Fri.; Knit-A-Bitters Group; TUES. FILMS @ 2pm ; Book Groups: Mystery and a Cup of Tea First Wed. of month at Town Hall; Nichols Village Book Club - third Tues of month at Nichols Village in the Arts & Crafts Room; Wed. Adult Evening meets third Wed. of month

THE EMPIRE FALLS by Richard Russo w/ HBO mini-series:
Tues., July 26 and Wed., July 27. Call Library For details.

3B Senior Fitness @ Haverhill COA
Balance, Bones, and Brain

Fridays 11:00am – noon Room 45

AND Mondays 11:30am – 12:30pm

A comprehensive program of fitness appropriate for seniors: balance training to prevent falls, strength training to increase bone density & age appropriate trivia to challenge the brain by incorporating trivia questions with great music & an enjoyable workout. Register/Details: 978-374-2390 Ext 11 or 16

Meditation Group with Rev. John LaLumiere

Fridays 10:00am @ Citizens Center, 10 Welcome St.

Meetings include gentle Yoga, Quigong & breathing exercise, Buddhist philosophy, & Pure Land style meditation.
Rev. LaLumiere is a Pure Land Buddhist & a lifelong resident of Haverhill. **Attendance is FREE & open to all.**
Please pre-register first time. 978-374-2390 ext 11 or 16

Greater Haverhill Food Collaborative

– Brown Bag Program 8AM – 10:30AM

Volunteers needed on 1st Tuesday of each month at
Pentucket Lake School

AND / OR

4th Thursday at Silver Hill School to fill Brown Bags
Call Rita / COA 978-374-2390 X 16 for info

HelpLine provides direct assistance over the phone to individuals **ages 55 to 64** who need to understand their health coverage options & insurance enrollment process.

HelpLine helps seniors over age 65 find a SHINE ("Serving the Health Insurance Needs of Everyone") counselor who speaks their language, is located in their geographic area, & can answer their health care questions. **1-800-272-4232**

Element Care, a non-profit organization dedicated to providing health & social services to elders, enabling them to remain in their own homes & communities with dignity, safety & as much independence as possible presents.....

PACE (Program of All Inclusive Care for the Elderly), throughout the Merrimack Valley including Haverhill; **services provided to eligible seniors include:** primary medical & specialty services; emergency care; prescription drugs; medical equipment; adult day health; in-home services; family caregiver support; transportation; meal programs ; hospital nursing home care (when necessary).

To be eligible for PACE, potential participants should meet certain criteria. For information call: 877-803-5564

Life Choice Hospice is seeking direct care & vigil volunteers to provide companionship & comfort for our patients. We provide complete hospice volunteer training. Opportunities available in nursing homes, assisted living facilities & patient homes throughout MA.

Amelia Lambert, Volunteer Coordinator 978-777-8222 or ALambert@lifechoicehospice.com located at 790 Turnpike St. (Route 114) Suite 302, North Andover, MA 01845

THE SOCIAL LIFE - DANCE 8 – 11pm

Singles & Couples Welcome.

July 16; August 20; Sept. 17; Oct 22; Nov. 19; Dec 17- New Year's Dance

American Legion Farm Hall, Rte 121-Main St., Haverhill, MA
For Info: 978-373-0058 after 4:00 PM; Or 1-603-642-5881

July Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 27 Pasta 4 oz Meatballs 3 pc Parmesan cheese 1 pc* Marinara Sauce 2 oz Broccoli 4 oz WW Dinner Roll 1 pc Fruit Crunch Bar 1 pc 4 | 28 Sliced Pork 1 pc Gravy 2 oz Roasted Potatoes 4 oz Chef's Choice Veg 4 oz Oatmeal Bread 1 pc Applesauce 4 oz 5 Hamburger 1 pc W/Cheese on the Side 1 pc Mashed potatoes 4 oz Mixed Veggies 4 oz Hamburger Roll 1 pc Mandarin Oranges 4 oz Ketchup and Mustard 1 pc | 29 Chicken Nuggets 3 pc Oriental sauce 2 oz Asian Blend Veggies 4 oz White Rice 4 oz Dinner Roll 1 pc Pineapple Chunks 4 oz 6 Special : Sausage 1 pc Peppers & Onions 2 oz Mashed Sweet Potatoes 4 oz Summer Veggie Blend 4 oz Sandwich Roll 1 pc Blueberry cake/Angel Cake, blueberries w/topping 1 pc | 30 Baked Salmon 1 pc Dill Sauce 2 oz Vegetable Rice Pilaf 4 oz Green Beans 4 oz WG Bread 1 pc Fresh Fruit (Honeydew) 1 pc 7 Orange Chicken 1 pc Orange Sauce 2 oz White Rice 4 oz Broccoli 4 oz Oatmeal Bread 1 pc Fresh Fruit 1 pc | 1 Egg Salad 3 oz Pasta Salad 4 oz Carrot and Cauliflower Salad 4 oz Hot Dog Roll 1 pc Diet Jell-O 4 oz 8 Stuffed Shells 2 pc w/ Marinara Sauce 2 oz Parmesan Cheese 1 pc Sautéed Spinach 4 oz Italian Scala Bread 1 pc Yogurt 1 pc |
| Independence Day No Meal Service | 11 LS Hot Dog 1 pc Low Sodium Beans 4 oz Chef's Choice Veg 4 oz WW Hot Dog Roll 1 pc Pineapple 4 oz Ketchup, Mustard, Relish 1 pc | 13 Chicken Salad 3 oz Potato Salad 4 oz Cauliflower and red pepper Salad 4 oz Sandwich Roll 1 pc Pudding/Diet Pudding 4 oz | 14 Cheese Lasagna 1 pc Meat Sauce 1 oz Parmesan cheese 1 pc Summer Squash 4 oz Italian Bread 1 pc Fresh Fruit (cantaloupe) 1 pc | 15 Potato Crunch Fish 1 pc Orzo Pilaf 4 oz Brussels Sprouts 4 oz NG Bread 1 pc Fruit Bar / Lorna Doones** 1 pc |
| 18 Breaded Chicken* 3 pc (Chicken Chunks or popcorn) Honey Mustard Sauce 2 oz Peas 4 oz Steamed Potatoes 4 oz Oatmeal Bread 1 pc Fresh Fruit 1 pc | 19 Baked Scrod 1 pc Vegetable CousCous 4 oz Rsted Butternut Squash 4 oz Honey Wheat Roll 1 pc Mandarin Oranges 4 oz | 20 Chicken Meatballs 3 pc Sweet n sour sauce 2 oz White Rice 4 oz Broccoli 4 oz Diet Jell-o 4 oz NG bread 1 pc | 21 Birthday Yankee Pot Roast 3 oz Jardinière Gravy 2 oz Green Beans 4 oz Roasted Sweet Potatoes 4 oz Dinner Roll 1 pc Cake/ Angel Cake** 1 pc | 22 Eggplant Parmesan 1 pc Parmesan cheese 1 pc* Pasta 4 oz Capri Blend 4 oz Ital Bread 1 pc Mixed Fruit 4 oz |
| 25 Meatloaf 1 pc Gravy 2 oz Mashed Potatoes 4 oz Corn 4 oz Whole Wheat Dinner Roll 1 pc Fresh Fruit (honeydew) 1 pc | 26 Chicken Caesar Salad (4 oz lettuce, 3 oz chicken, .1 oz cheese, .1 oz croutons) Ceasar Dressing 1 oz Pasta Salad 4 oz Beet Salad 4 oz Twisted Bread Stick 1 pc Yogurt 1 pc | 27 Baked Salmon 1 pc Dill Sauce 2 oz Brown Rice Pilaf 4 oz Seasonal Vegetables 4 oz NG Bread 1 pc Fruit Loaf / Lorna Doones** 1 pc | 28 Chicken Drumstick 1 pc BBQ Sauce 1 oz Rice & Beans 4 oz Zucchini 4 oz Dinner Roll 1 pc Diced Peaches 4 oz | 29 Macaroni & Cheese 8oz w/Crumb Topping .25 oz (on the side) Stewed Tomatoes 4 oz Honey Wheat Roll 1 pc Canned Pears 4 oz |

*If popcorn chicken is sent, please send 10pc ** Lorna Doones can be substituted with lemon Dinos, cinnamon bears or fruit for Modified.

NAMI (National Alliance on Mental Illness) Family and Friends Support Group

Contact: Bernie Gallant bernard.c.gaallant@gmail.com or Mickey Koplove mikoplove@gmail.com

(for family members & friends with a loved one dealing with a mental illness) **AND**

NAMI's Connection Peer Support Group

Contact: Sue L. crystalenergycreations@hotmail.com

(for anyone with a psychiatric diagnosis)

meet at Merrimack Valley Hospital

1st Thursday of the month 7:00 pm - 8:30 pm.

BRIDGE - Wednesdays & Fridays at noon

SCRABBLE - Fridays at 9:30am

DOMINOES - (Mexican Train Version)

- Thursdays at 10:00 - 12:30

MAHJONG - Tuesday at 9:30am.

Come in to learn to play and/or play on a weekly basis.

BRIGHT KNIGHTS CHESS CLUB

- Tuesdays 12:30 All levels of chess playing welcome.

ZUMBA GOLD & ZUMBA GOLD TONING

- Tuesday & Thursday 9:30am

Line Dancing in the Game/Exercise Room

Mon & Wed 9am to 11am

General Public Welcome -- Men and Women

No Age Limit Moderate Exercise Nice & Easy

New Members Welcome to all Groups!!

You don't have to be a "Senior" to play!!! **FREE**

Citizens Center, 10 Welcome St. 978-374-2390 ext 11 or 16

Groveland COA Daily/Weekly Activities - Open to all

Mon: 9:30a.m Art Class -Free; Movies 12:00pm -Town Hall Meeting Room

Wed.: Game Day 12:30pm - Book Discussion Group 10:30a.m. on the first Wed. of the month

Zumba 10:00 a.m. \$5.00 per class (drop ins welcome)

Yoga ~ Fridays 11:30a.m. w/ Mary Van Abs. \$5.00 per class (drop ins welcome)

Third Tues.: Veterans Services w/ Mike Ingham 6 - 7:30pm

Call for an Appt. 978-374-2351 x 32

TRIPS: flyers available upon request: GROVELAND COA.

The Haverhill TRIAD Committee

meets monthly on first Wed. 1:00pm, RM45, 10 Welcome St.

We run programs like: YELLOW DOT for your car, shredding personal documents, Photo IDs & other programs for the safety of Seniors. We are always looking for new ideas. 978-374-2390 ext 38

Drawing and Painting Classes with

-- **NO ART EXPERIENCE NECESSARY** --

Thursdays 11:45 to 1:15pm Cost: \$5 per class

Pre-Register 978-374-2390 with Kathy or Rita (@ COA)

Haverhill COA Offers

Conversational Italian Classes

Start Again SEPTEMBER 21, 2016

Maria Chiachio's Conversational Italian classes Wed. 10am.

Cost is \$5 per class. 978-374-2390 to register.

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2 Eggs, Toast and Side with Coffee

6:00 A.M. to 7:00 A.M.

7 DAYS A WEEK

10% Senior Discount on Tuesday

- 65 AND OVER - JUST COME IN -

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OPEN 7 DAYS A WEEK / 6:00 A.M. - 2:00 P.M.

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Senior Exercise Classes

Located at Bradford
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"Improve Flexibility & Balance"
Tuesday/Thursday 9-10am
\$10.00 per class

Call Jerri at 978-914-0271

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Francis Berube Jr

MONDAY

9AM Dance Class
9:30AM Knitting Group
11AM Bowling
@All Saints Lanes
11:30am - 3B's
(Balance / Bones / Brain)
1PM Bingo

TUESDAY

9:30AM Blankets-4-Kids
9:30AM Zumba Gold Toning
9:00AM Blood Pressure Clinic
9-11:00AM Comedy Masque
9:30AM Mahjong
10AM Terrorism Discussion
(2nd & 4th Tuesday)
12:30PM Bright Knights Chess
1:00PM Yoga

WEDNESDAY

Book Discussion
of each month
9AM Movement
9AM Dance Class
10AM Conversation
12 Noon Bridge
12:30PM 45's Tour

N.E.E.T. DRIVERS NEEDED !!!

A dependable car, a good driving record & a little time each month are all you need to become a **NEET driver**. Northern Essex Elder Transport, Inc. program (NEET) drives seniors from their homes to medical appointments. All seniors requesting NEET rides are independent & ambulatory; drivers are provided with supplemental insurance for their vehicle & are reimbursed 43 cents per mile. 978-388-7474

SIGN-IN PLEASE
who come to the
PLEASE USE YOUR
ALL Activities, in

We need to be able
the Citizens' Center
Center

Haverhill Recreation Department & C.O.A. are offering

Zumba Gold classes geared toward active Baby Boomers & Seniors. Instructor: Stephanie Smith, certified Zumba Gold instructor. **Classes:**

Tuesday: 9:30AM Zumba Gold Toning Class

Thursday: 9:30 AM Zumba Gold

Citizen Center - Recreation Hall (basement)

Cost: \$5.00 per session. 978-374-2390 ext 11 or 16

Haverhill Council On Aging
products or services of an
We advocate "buyer beware"
not responsible for the claims
advertisers and sponsors.

SNAP Benefits apply
Council On Aging, 10 W
Supplemental Nutrition Assistance
3-page application for Seniors
Transitional Assistance for

MVRTA "Medi-Ride"

Haverhill Seniors and ADA eligible residents can obtain transportation to Lahey Clinic in Peabody as well as several Boston hospitals for Monday appointments; possible Tues/Thurs appointments. Cost is \$8 one-way; \$16 roundtrip. Cost for companions is \$4 and \$8.

MVRTA: 978-469-6878 Opt#3 COA: 374-2390 ext 11 / 16

Bowling AN

Haverhill Council

at All Saints Bowling Center
The bowling center offers
for \$4.50 includes shoes
Mondays men meet at 7
Call Joe at the bowling

SIMPLICITY SALON**SENIOR SPECIALS 65+**

~Wash, Set \$15.00

~Wash & Blow Dry \$20.00

~Wash, Cut & Set \$20.00

~Wash, Cut & Blow Dry \$30.00

978-794-0501

43 High St., 3rd Floor
North Andover, MA

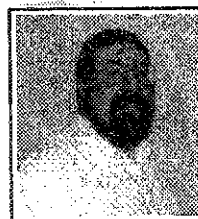
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30 Minute Facial or

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Perrotta's Super Drug

Delivery Area is: Lawrence, Methuen, Haverhill,
Salem, NH, Andover & N. Andover

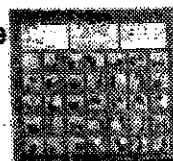


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| WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|
| <p>Group 1st Wed. at 12 Noon to Music ss al Italian Class ament</p> | <p>9AM Tai Chi 9AM Teddy Bear Workshop 9AM Coloring Club for Adults 9:30 AM Zumba GOLD 10:30 Dominos-Mexican Train 11:45PM-1:15Pm Draw/Paint/Classes 1PM Bingo</p> | <p>9:00AM – Movement to Music 9:30AM Scrabble 10:00AM - Meditation 11AM – 3B's (Balance/Bones/Brain) 12 Noon Bridge 12:30PM 45's Tournament</p> |

ASE..... Attention Seniors
Citizens' Center for Activities:
UR SCAN Cards to sign in for
cluding lunch & even just Coffee
& Talking.
 o justify budget money allotted to
 er; your attendance is key to the
 r receiving funding.

g does not endorse nor recommend the
 company mentioned in our newsletter.
 re"; be an educated consumer. We are
 ms or representations made by

ications are available at the Haverhill
 lcome St..
 assistance Program has an easy
 iors; we can fax it to MA Dept of
 you. 978-374-2390 ext 11 or 16

ONE???? MONDAYS
 on Aging has a bowling group
 enter, 26 Broadway, Haverhill.
 s a special senior rate of 3 strings
 & coffee..... lots of fun!!
 30am; women meet at 11 a.m
 enter at 978-374-0083

Ruth's House Wish List

Clothing; Jewelry; Linens, Curtains, Kitchen Ware;
 Musical Instruments; Small Furniture; New Personal
 Hygiene Items; Monetary & Memorial Donations.
 Working w/ 85 agencies in the Merrimack Valley,
 Ruth's House assisted 3500+ people in 2012--
 half were children under the age of 18.

Ruth's House MONTHLY 1/2 price clothing SALE

First week of every month: orange stickers 50% off

First Saturday of month: all clothing 50% off.

Womens, Mens & childrens & babies clothing

Ruth's House 111 Lafayette Square, Haverhill

www.RuthsHouse.org 978-521-5575

www.facebook.com/RuthsHouseHaverhill

Andover Senior Center 978-623-8321

Parkinson's Disease Support Group

2nd Thurs 1:30-3pm

For a Complete List of Haverhill C.O.A.
Activities, Trips & Events, watch for our
own Activities Coordinator, Kathy
Bresnahan's "Senior Citizen Corner"
articles which will appear in the Haverhill
Gazette each week.

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PREVENT IDENTITY THEFT

Haverhill TRIAD has purchased a shredder to destroy papers that can be used by identity thieves. **Papers to shred:** charge slips & charge bills, bank statements, financial records & all papers that contain social security numbers & account numbers. The shredder is available at the Citizens Center, 10 Welcome St., Room 4, Wed. & Fri. 12:30 to 2:30pm. **FREE for Senior individuals**, but not organizations.

The service has been donated by TRIAD, Essex County Sheriff's Department, & Haverhill Council On Aging.

For Info: call Joel at 978-374-2390 Wed/Fri. 12:00-2:30pm

FREE Clothing for Needy People at Common Ground Clothing Outlet 6 White Street, Haverhill

Tuesdays & Wednesdays 10AM - 2PM

House-bound Seniors can call for selection & delivery. Please,
Call Millie 978-373-3384 or 978-478-7195

Pregnancy Care Group

Pregnancy Care Center, (serving mothers & mothers-to-be receiving case management services) has expressed a need for infant formula, baby food, diapers, clothing & gently-used baby equipment, EXTRA-LARGE Gift Bags.

Donations will be received directly by Pregnancy Care Center 978-373-5700 during office hours at 469 Main St., Haverhill or leave them w/Rita @ COA.

Want to Stay in your Home, but need some health related assistance???

Contact: **Northeast Independent Living Program, Inc. (NILP)** 20 Ballard Road, Lawrence, MA 01843

(978)-687-4288 FAX (978)-6894488 www.nilp.org

Part of the Merrimack Valley Aging & Disability Resource Consortium (a non-profit organization), a collaborative project between NILP & Elder Services of the Merrimack Valley.

Specialized services available include:

Long Term Options Counseling, Adults with Physical Disabilities Program, Deaf and Hard of Hearing IL Services, Personal Care Assistance, peer counseling, accessibility advocacy & referral for durable medical equipment, etc.

Merrimack Valley Hospice Offers Free Loss of a Parent Workshops

for adults who have experienced the loss of a parent.

Tues., June 7, 6:00 p.m. - 8:00 p.m.

at Merrimack Valley Hospice House, 360 North Ave, Haverhill MA. This workshop is designed to help participants understand the grief process when a parent dies, share their experiences & support each other in a facilitated environment.

Questions/to register: Bereavement Coordinator 978-552-4510

Common Ground Ministries needs Volunteers in their Thrift Store, Furniture Outlet Store, & Food Pantry/Café, Drivers
Call Ron Mills 508-633-0122

FREE Clothing for Needy People at Common Ground Clothing Outlet 6 White Street, Haverhill

Tuesdays & Wednesdays 10AM - 2PM

House-bound Seniors can call for selection & delivery. Please,
Call Millie 978-373-3384 or 978-478-7195

SHARPS WARNING

As a community service, the Citizens Center accepts used sharps (needles) for disposal. Sharps must be in a **SEALED plastic container & given to a staff member**, ideally the nurse if she is available. Common household laundry detergent bottles or coffee cans work well. For the safety of our community, **DO NOT LEAVE** sharps containers on tables, counters etc.

MEDICAL EMERGENCIES

Anytime it is felt there is a medical emergency in the building, seek out the nurse for assistance. If the nurse is not available, & it is necessary to call 911, do so from a **desk phone, not a cell phone**. This allows the 911 operator to have the location of the call & prevents the risk of being disconnected. Additionally, **notify a staff member** to assist the responders in entering the building & clearing doorways.

ATTN: SENIOR HOMEOWNERS

Free, confidential counseling help from H.O.M.E. (Homeowners Options for Massachusetts Elders) is available regarding Reverse Mortgages & Homeowner Refinancing. Don't sign-up for any refinancing until you talk with one of these Senior Advocates. 1-800-583-5337 or 617-451-0680 or 781-848-5200 or www.elderhomeowners.org

Wandering Eye Care

Dr. Laura Potvin, P.C., & Dr. Kathleen Horn **Optometrists** offer a service to provide vision care for homebound & nursing home residents. Dr. Kathleen Horn will be providing in house vision care, by appointment in a room that may be darkened; for patients needing routine vision care or whose eye wear needs repairing or updating. 978-374-8991

I.C.E. Your Phone !!!!

Emergency room patients who were incapacitated could not provide information to allow paramedics or police to contact the designated relative or contact in an emergency situation. I.C.E. your telephone by entering into your cell phone emergency information: **In Case of Emergency**. Type the acronym ICE into your cell phone, followed by a name, then save their phone number. Don't forget to inform the person that they are your ICE contact. Apply an ICE sticker to your phone. See Joel at the Haverhill COA Wednesday & Friday afternoons 12:00 - 2:30pm for your sticker.

CoOL Seminars College of Older Learners NECC @ Haverhill Campus, Hartleb Technology Center. "You're Never Too Old To Be CoOL!"

Are you over 50 & looking to participate in challenging educational opportunities? Are you interested in attending stimulating seminars simply for the love & joy of learning? Come explore subjects of interest as part of a community. Both members & seminar leaders will challenge their intellects & take responsibility for the subject. 978-556-3110

"Membership Driven, Peer Led" coolnecc@gmail.com
New Seminars and Continuing Classes

Merrimack Valley Hospital Senior Lunches

are held quarterly (March, June, Sept., Dec.)
on the first Tuesday, 1-2 p.m. in the 1st floor auditorium.
Cost is \$5 (includes a full lunch & presentation)
Please RSVP to 1-800-488-5959

What it takes to be a Foster Grandparent:

you're a role model, a mentor, & a friend. Foster Grandparents serve up to 40 hours per week & may qualify to earn a tax-free, hourly stipend. You'll receive pre-service orientation, training from the organization where you serve, & supplemental accident and liability insurance while on duty.

They will not need to be bilingual. mvcsc-fgp@comcast.net
Foster Grandparents of Gr. Lawrence & Haverhill
264 Essex St., 2nd fl, Lawrence, MA 01840 978-686-9407

The Office of Congresswoman, Niki Tsongas, has office hours:
Haverhill Citizens Center Tuesdays 9am - 11am.

Patrick Kenney, Constituent Services Representative will be available to answer questions & concerns of constituents. One of the Congresswomen's top priorities is to help residents navigate the services provided by the federal government, including social security & Medicare, Veterans Affairs, Federal Grants, College loans & grants, academy nominations, passports, visas & adoptions. For more information, contact the Lawrence Office 978-681-6200

Do You Have Questions About Medicare Options or Benefits?

The purpose of SHINE: (Serving The Health Insurance Needs of Everyone) is to insure that Medicare beneficiaries have access to no-cost, accurate, unbiased information regarding health insurance & health care options. SHINE Counselors are certified annually to ensure the most accurate, up-to-date information is shared with Medicare beneficiaries & their families. **To schedule an appointment with a SHINE Counselor at the Haverhill Council On Aging, call Wendy 978-374-2390 ext 19 at the COA**

BOOK CLUB MEETING @Haverhill C.O.A. FIRST WEDNESDAY of the Month (unless it is a holiday)

12:00 pm in Library Room (basement)

New Members are Welcome !!

Tel 978-374-2390 ext 11 or 16 for more details.

Does your Yard need Light Yard Work ????

Haverhill COA, in cooperation with the Haverhill Boys' and Girls' Club has formed a partnership. The Club will provide people for light yard work, including picking up trash, fallen branches, & bagging. Mowing & use of mechanical tools is not allowed because of their age. Reasonable rates. Contact Mr. Brian Theirrien 978-374-6171 after 2:30PM weekdays.

Commission On Disability Issues How Can You Help Us?

Let us know what your needs are as an individual or a group. Attend meetings at the Haverhill Citizens Center. Make a financial donation +/- or Volunteer your time. We are a commission, appointed by the mayor, volunteering our time & skills to represent & insure equal treatment for the disabled citizens of our community. For info: 978-374-2387 ext 35
www.ci.haverhill.ma.us/departments/human/disabilities/index

PROJECT BREAD

Most comprehensive resource for hungry people in MA.

Hours: Mon-Fri: 8am to 7pm Sat: 10am to 2pm
FoodSource HotLine 1-800-645-8333 TTY: 1-800-377-1292

Treasure Hunt for Ancestors -- FREE

Be a detective & solve mysteries!! Start a Family Tree!! Marcelle Greenbaum will work with you one-on-one on this interesting activity. COA 978-374-2390 ext 11 or 16

Haverhill COA has a Handyman Service

If you have small electrical or appliance repairs/ other small repairs work, he would be happy to assist you. Seniors will be responsible for cost of minor replacement parts, but service is free of charge. Items must be brought to the Citizens Center, 10 Welcome St. INFO: Kathy or Rita 978-374-2390

General Bereavement Groups

Weekly on Wed.. 2 - 3:30pm July & August
Merrimack Valley Hospice House
978-552-4128

Widow/Widowers Group

Merrimack Valley Hospice House
978-552-4537 978-374-9257 978-552-4528

Social Security Telephone Services

Call 1-800-772-1213 to replace Medicare cards, change your address or phone number if you receive benefits, Make changes to your direct deposit, get proof of your benefit amount, get a Social Security card application, locate the nearest field office, listen to informational messages, or request your Social Security Statement.

LOCK BOX for your home!!!

Make entrance to your home convenient for fire & ambulance service with no damage to the house! **Haverhill residents can have a lock box attached to the outside of the house or apartment.** Contact Fire Depart. Deputy LaLiberty 978-373-8460 or Joel Berg 978-374-2390 x 38.

Senior Citizen Tax-Incentive Program

Do you need help paying your Real Estate Taxes?
Earn up to \$1,031.25 off your Real Estate Tax Bill.
For information on the "new & better for you" requirements
Contact Joel Berg, 10 Welcome St. Haverhill
978-374-2390 ext 38 Wed. & Fri. Afternoons 12:30 - 2pm

If you know of anyone who is home-bound or in a nursing home who would appreciate a "Thinking of You" or a pretty card from the Sunshine Group here at the Haverhill Council On Aging, please give their name (& address if you have it) to Kathy kbresnahan@cityofhaverhill.com or Rita rlabella@cityofhaverhill.com or 978-374-2390 ext 11 or 16

Elder Brown Bag Program

Elder Services of the Merrimack Valley. & Greater Boston Food Bank have established an **Elder Brown Bag Program**. Eligible Elders will receive a free bag of groceries on the first **Tuesday of each month or 4th Thursday. There is NO COST INVOLVED.** Each participant must register in advance & must be 60 years of age or older & be low income.

For info: Laura Marsan, lmarsan@esmv.org 978 946 1303 or Pati Fernandez, pfernandez@esmv.org 978-946-1254
Applications also from Rita, Haverhill COA 978-374-2390

FREE SAFETY INSPECTION

Get a **FREE** safety inspection from the **Haverhill Police Department** that will help protect you and your family. Call Police Dept: **978-373-1212**

Service provided **FREE** by the Haverhill Council On Aging w/ cooperation of the Haverhill Police Dept.

Don't forget to RECYCLE!!

Haverhill's Mandatory Bi-Weekly curbside **Single-Stream** recycling allows you to combine paper, cardboard, plastic, glass & cans **all in the same container**. Simply rinse off any food residue & toss in your bin. **DO NOT INCLUDE:** Styrofoam, bubble wrap, plastic bags. (Plastic bags can be recycled @ Market Basket) **For pick up schedule visit:**

www.ci.haverhill.ma.us/departments/health/recycling.htm

Free recycling stickers are available at City Hall & the DPW, 500 Primrose St. or by calling Franco / Karin 978-420-3817

SAFE RETURN PROGRAM

Do you have a parent, spouse or loved one who wanders because of Alzheimer or Dementia problems?

Call **Safe Return Program** of the Alzheimer's Association.

(617) 868-6718 -OR- 1-800-272-3900 www.alzmass.org

MassEDP

Provides **adaptive telephone equipment** for people who have **difficulty using the telephone** due to issues such as hearing or vision loss. **Three eligibility requirements:**

Resident of Massachusetts; Permanent disability that can be verified by a MA physician; Residential phone service.

Call 1-800-300-5658 **Or:** www.massEDP.com

ESSEX COUNTY TRIAD PROGRAM S.A.L.T. COUNCIL FOR HAVERHILL

is a cooperative effort between Haverhill Police Department C.O.A. & the Sheriff's Department to address senior's safety concerns by giving them a forum to discuss & conduct programs with the Law Enforcement Community. The **S.A.L.T. council (seniors and lawmen)** will identify concerns within our senior community & use the resources available to develop programs to address issues. If you would like to serve on this council & help your community (and yourself) lead a better, safer life, call Joel on Wed/Fri 12:30-2:30 pm 978-374-2390 ext 38

Hearing Aid Assistance Available

AUDIENT, a nationwide program connected with the Northwest Lions Foundation for Sight & Hearing, provides assistance with the cost of hearing aids & related care to income qualified individuals. Info/Application 866-956-5400

Everyone loves **Monday's Super Bingo!** played at the Citizens Center, 10 Welcome St., every Monday and Thursday at 1:00 ; **Super Bingo is played on Mondays only.** There are many new friends to meet at bingo; we welcome all players who are 60 yrs and older or disabled.

FIRE SAFETY

Eliminate fire danger in your home; protect your life & property from fires. **Haverhill Fire Department** will inspect seniors' houses & apartments & give them helpful hints on how to avoid fires. **This is a free service.**

For an appointment call 373-8460, 8:00 AM to noon, Monday through Friday . submitted by: Joel Berg

Would you like to attend a traditional Protestant worship service on Sundays, but don't have transportation? Ward Hill Church is willing and happy to offer you a lift to it's 10 am Service. If interested, call Pastor Alex Burgess 978-374-0663

YELLOW DOTS FOR SAFETY

Seniors be secure in your car! If you are involved in an accident or suddenly feel ill, a "Yellow Dot" attached to your rear window tells emergency personnel that in your glove compartment is a medical information package w/ your name, address, next of kin, doctor, etc. This will prevent them from making medical errors & speed your recovery. For info: call Joel 978 374 2390 on Wed/Fri 12:30-2:30 pm COA

THIS IS A FREE SERVICE

Presented by TRIAD and H.C.O.A.

Low Vision Group Meetings

First Monday of the Month

(unless it is a holiday,

then call Hav. COA 978-374-2390 ext 16)

Citizens Center, Room 32, 10 Welcome St., Haverhill

All interested parties welcome / Support system.

Also Available through the Citizens Center:

the "VOICE" newsletter (FREE) on Tape or CD

Braille Playing Cards and Checkerboards.

SENIOR TAI CHI CLASSES

At the Haverhill Citizens Center, 10 Welcome St.

Thursdays 9 - 10AM \$5 per class

Call 978-374-2390 ext 11 /16 JWINNER1@Comcast.net

Protective Services Department of Elder Services of the Merrimack Valley will address safety concerns of elders in the community & what steps to take if you have concerns about someone you know.

Michael Springman, Protective Services Supervisor,
(978)946-1459 mspringman@esmv.org

E-Z TRAN Applications

are available from the Council On Aging to help Seniors get around Haverhill by van. You must be at least 60 years of age, and live in Haverhill **or** be an individual with a disability that prevents you from using the MVRTA fixed bus route. For more information, call MVRTA

978-469-6878 (select Option 3 on menu when prompted) **Or**
Call Council On Aging for application 978-374-2390

THE BOOK ROOM

New and Used Books sold.

Run by Haverhill High Students in the Learning for Life Program

Also Seeking Adult Volunteers

Located at City Hall, in the basement, Room 5

Call 978-374-5723 for Current Hours

HAVERHILL COA WANTS & NEEDS:

Please contribute the following items in boxes on table located in the Citizens Center lobby, right-hand side:

Eye Glasses donated to the Lion's Club

(will be repaired and distributed to needy persons)

CANCELLED STAMPS

(These go to St. Jude's Hospital to pay for dialysis treatments)

PULL TABS from Soda Cans & Food Cans

(These go to Aleppo Shrine Children's Transportation Fund to pay for transportation to the various Shriners' Hospitals)

PLEASE BRING the following upstairs to Activities Dept:

NEW YARN & unfinished knitting projects.

Embroidery Thread & Cotton Material

in small prints for our Teddy Bear Makers

(Please, **NO** Curtain, silky, upholstery or drapery material)

Donations of NEW small paper plates, napkins, plastic silverware. Please leave these upstairs with Activities Dept.

If you are being contacted by someone you don't know:

Never give out personal or financial information.

Say, "no". Hang up. Report it to the local police.

Prescription Advantage

has continuous open enrollment.

Prescription Advantage is a state-sponsored prescription drug insurance plan for Massachusetts seniors & disabled residents who meet eligibility requirements. Contact Haverhill COA 978-374-2390 x19 to schedule an appointment with a SHINE Counselor.

CARE GIVER'S SUPPORT GROUP

Meets First Monday of each Month

1:00 - 2:15pm

at The Oxford, 681 Main St. Haverhill

Offering caregivers support, information & an opportunity to share experiences.

Hosted by Oxford Rehab & Brookhaven Hospice

RSVP: Social Services @ Oxford Rehab

978-373-1131 X111

Did you know that we have a showcase of beautiful handmade articles for sale at the Citizens Center? The next time you need a special gift for a baby consider shopping our supply of sweater sets and Raggedy Ann and Andy dolls. They are beautiful!

YWCA ENCORE- After Breast Cancer

Help you restore mobility, flexibility, confidence through gentle exercise & peer group support.

YWCA greater Newburyport, 13 Market St

Newburyport, MA 01950 978-465-9922

Registration is required; Class size 10 participants.

CELL PHONES FOR ELDERS

The Haverhill Council on Aging has cell phones that can dial 911 for Haverhill Seniors. There is no charge for the phones or the 911 service. Come to the Citizens Center to find out if you are eligible to receive one.

See Joel Berg, Wednesdays & Fridays 12:00- 2:30 pm
978-374-2390 10 Welcome St, Haverhill, MA

Please, Bring your old, out-dated or unused Prescriptions to the lock box in the Police

Department Lobby so they can be disposed of properly by Covanta, Inc.. Information: call 978-374-2413.

Sponsored by Haverhill COA, TRIAD, Essex County Sheriff's Department, & Haverhill Police department.

USE IT or LOSE IT!!!!!!

Use our Yoga Classes at the COA to keep in shape, stretch those lazy muscles and limber up— or else.....!!!!

**Classes offered Tuesday afternoon, 1:00 pm
Tuesday evening, 6:15 pm**

**YOU DON'T HAVE TO BE A "SENIOR"
TO TAKE EITHER CLASS.**

Offered by Haverhill C.O.A and Recreation Department

Call Kathy or Rita for details 978-374-2390 ext 11 or ext 16

Problems with your Medicare Coverage???

You have rights & resources!!!

If you are a Medicare beneficiary & are not satisfied with the quality of care you have received, call MEDICARE at 1-800-633-4227, or call MASSPRO helpline @ 1-800-252-5533. Trained complaint specialists are available to help you with your concern.

* - MERCURY ALERT - *

Covanta, Haverhill's local Energy-from-Waste facility asks that fluorescent bulbs (including compact fluorescent bulbs) be recycled at either Aubachon Hardware Riverside Plaza, Haverhill or True Value Middlesex St, Bradford. This will help to keep mercury out of the environment.

Any questions, please call Covanta's Mercury Separation Coordinator Dan Harty @ 978-241-3002

Penacook Place

Alzheimer's Family Support Group

Meets Monthly on first Saturday of the month

10:00 - 11:00 AM,

Penacook Place, 150 Water St., Haverhill, MA

Contact person: Jennifer Gillan 978-374-0707 ext 162

Application for Disabled Parking Placard

Disability Placards for a car wind shield, are issued to qualified Massachusetts residents on a temporary or permanent basis. You do not need to own a car to qualify & there is no fee for the placard.

For forms & information call Joel at the Haverhill COA

978-374-2390 Ext 38

WED & FRI. 12 - 2:30pm

SENIORS STAYING HEALTHY

Blood pressure clinics every Tuesday in the Walk-in;
first come / first served. **nurse's office**, Citizens Center
9:00 am to 11:00am.

First & Third Tuesdays there will be two nurses

There will be **ONLY ONE** nurse on the other Tuesdays, so
plan accordingly



Foot Clinic

1st Thursday of each month 9am – 12 noon

Cost is \$25, payable at the time of service.

Call Wendy/ Haverhill COA: 978-374-2390 ext 19
to make a reservation and for information.

Chair Massages offered for \$5 for **Haverhill Seniors**,
first Tuesday of the month by licensed massage
therapist Susan L. Plouffe, Walk-in; first come/first
served.

SHARPS WARNING

As a community service, the Citizens Center **accepts used sharps**
(needles) for disposal. Sharps must be in a **SEALED plastic**
container and given to a staff member, ideally the nurse if she
is available. Common household laundry detergent bottles or
coffee cans work well, especially if taped shut so they cannot open
by accident. For the safety of our community, **DO NOT LEAVE**
sharps containers on tables, counters etc. !!!!

submitted by Mary Connolly, RN Community Health
Coordinator & Haverhill COA nurse & 978-374-2390 X 15

Volunteers needed to work at Senior Bingo,

Monday +/-or Thurs. afternoons-- noon - 2:30pm

To get details, please come in to the Citizen's Center and talk to
the Bingo Callers, from 12:00 to 12:30 on Mon.or Thur.

Haverhill's Brightside is Seeking Volunteers

Haverhill's Brightside is reorganizing and needs your help!! Many
wonderful programs are in progress including Bloomfest, Haverhill
Goes Green, Adopt-A-Park, community gardens, & clean-ups.
Interested people are encouraged to become involved, to help
beautify our City.

For info: Elaine Barker at 978-372-3861

Stevens-Bennett Home in need of Activity Volunteers

We need assistance with bingo/card games, reading, one on
one visiting, exercising, short walks, shopping, and "Best
Friend". Ask for Inez Ruiz @ 978-374-8861 ext 221

Meals On Wheels

Merrimack Valley Nutrition (Lawrence, MA)

978-686-1422

Serving Meals on Wheels to the homebound seniors (age 60 and
over) in 18 communities in the Merrimack Valley.

"Somebody Cares New England"

Winter Street Café- Saturdays ; AHEPA Outreach-Thursdays

web site: www.somebodycaresNE.org

e-mail: office@somebodycaresNE.org

Interfaith Network of Compassion (INC) & Haverhill Hunger Round Table Meetings

At UU Church, Ashland St. Entrance

A varied group of social service agencies & houses of worship
who deal with issues of homelessness, hunger, clothing, fuel
assistance, housing, etc. **WWW.INCLINK.ORG**

Join us & bring someone with you who would like to learn about
the many services available to low income families & individuals
in Haverhill. **Also actively seeking volunteers!!!**

A Summer Danger

Now that the lawn mowing season is here, it is important for
people, including elder, to exercise caution using power
lawnmowers. More and more people are showing up at emergency
rooms with injuries caused by lawnmowers. Over a nine year
period, 74,000 people were injured; in 2004 more than 80,000
were injured. One third of the injuries involved loss of fingers or
toes. The most common injury was to eyes or the bodies of the
operators or bystanders from the whirling blades hurling stones or
other objects. Elders suffered many injuries from falling while
trying to pull or push a mower up a slippery slope. The suggestions
were that children should be kept away from lawn mowers and
adults should wear goggles, long pants and heavy work shoes.

Haverhill's Shoe Repair Secret

BAY STATE SHOE REPAIR, 84 Emerson St.

He specializes in shoe repairs plus almost any type of leather item
re-sewed or repaired.

THOUGHTS.....

Kind words can be short & easy to speak, but their echoes are truly
endless *Mother Teresa*

Kindness is the language which the deaf can hear
and the blind can see.

Man is the only animal that blushes.... Or needs to....

Mark Twain(1835-1910)

Friends are angels here on earth.

When nothing can go wrong, it will.

Nothing is ever as easy as it seems.

Everything cost more than you have and takes longer.

If you try to please everybody, someone won't like it.

It's easier to get into a thing than out of it.

Whatever you really want to do, you'll have to do something else
first.

Pre-Plan; Then go on Living

Office Hours: 8:00AM – 4:00 PM

Monday – Friday

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**A legislative update from
State Senator Kathleen O'Connor Ives,
First Essex District**

The State Senate passed its Fiscal Year 2017 Budget, effective July 1, 2016. The budget provides strong support for senior citizens, including an increase in state funding to local Councils on Aging (COA) to allow our COA directors & staff to continue to deliver quality & diverse services to our expanding senior population thru funding from the state budget & "COA Formula Grant," which allocates a certain dollar amount per resident over the age of 60 to local Councils on Aging; this COA formula grant increase from \$9 to \$10 per senior per year, boosts total funding to \$14.1 million. The Senate budget includes \$28.1 million for Elder Protective Services to enhance efforts to investigate cases of elder abuse or neglect & provides \$1.1 million for a pilot program to expand eligibility for the state's home care program in order to support more seniors aging at home. The Massachusetts Association of Councils on Aging has a goal of increasing the formula grant to \$12 per senior per year by 2020, and I remain committed to advocating for increased support to local COAs in order to meet that goal.

My office can be reached at 617-722-1604 if we may be of assistance.

State Representative Linda Dean Campbell
617-722-2430 Linda.Campbell@MAhouse.gov
has office hours at the Haverhill Council on Aging on the
First Friday of the Month 9 AM - 10 AM.
Please do not hesitate to use my office as a resource.

Greenleaf Supportive Day Program

Offers participants socialization, meaningful recreation activities, supervision, nutrition while allowing them to continue to live in their homes & providing respite for the participant's caregivers.
Hours: 9am - 3pm Mon-Fri.

Small group setting: Max of 15 participants.

Contracted w/ Elder Services of Merrimack Valley

<http://www.amesburyma.gov/senior-community-center/webforms/greenleaf-social-supportive-day-program>

Doreen Brothers, M.A. LSW 978-388-8138

Amesbury COA Assist. Director/ACE Coordinator

**Senior Volunteers with Stipend
through National ABLE Network**

program that folks 55 or older can apply for work (20 hrs.) paid at minimum wage by this agency for them to work in a local business. Some income restrictions; interview locally. 855-994-8300

Mass Med Line: Massachusetts College of Pharmacy & Health Sciences (MCPHS) offers a confidential help-line to all Massachusetts residents who need help with their medications. Call toll free: 1-866-633-1617; speak to a pharmacist & case manager for confidential, personal assistance for pharmacy questions

Home Health VNA, of Lawrence, is pleased to offer **FREE informational brochure "Know Your Choices, A Guide for Patients with Serious Advancing Illness"**. Produced by Mass. Dpt. of Public Health, w/ information on advance care planning, palliative care, hospice care & medical orders for life sustaining treatment. Download free guide: www.homehealthfoundation.org/patients-resources
978-552-4186

Movement to Music is a gentle, eclectic workout routine created by therapists at Whittier Rehab Hospital. Come exercise among friends where you're encouraged to go at your own pace & do only what you're comfortable with.

Stay strong & well balanced & keep up your endurance!

The greatest hits of the 50s are playing to keep you moving! The camaraderie of the group keeps you coming back.

Join us **Wednesdays & Fridays 9-10 AM**

@ the Haverhill COA, 2nd floor, ROOM 45

Keep moving so you can enjoy life! Your first class is "on me!"

~ Heather True, Inpatient Rehab Assistant at WRH

Family Caregiver Support Group

Elder Services of the Merrimack Valley, Inc. offers a supportive program **for caregivers** providing services to ease the stress of being a caregiver to their loved ones: **FREE** six week educational program designed to educate caregivers to care for themselves. Includes: caregiver counseling, Respite Care Scholarship program, workshop, More! For Info: ESMV 800-892-0890

Support Group

~ for those caring for loved ones with memory loss

Third Wed. of the month, 7-8:30 p.m. in Holy Family Hospital at Merrimack Valley's 1st floor Atrium, 140 Lincoln Ave., Haverhill, MA Facilitator-Patricia Lavoie, LICSW. 978-420-1162 or email patricia.lavoie@steward.org.

Boomer Venture....Andover, MA

All events require pre-registration; Call (978)623-8321

www.myactivecenter.net ; Belly Dancing; Reflexology with Uli Kapp; Energize w/ Exercise; Zumba Toning; Serenity Yoga; MORE!!

**DOES SOMEONE ELSE'S
DRINKING BOTHER YOU?**

Al-Anon can help 1-888-4ALANON (25-2666)

Local Meetings: Al-Anon is an Anonymous Fellowship.

Mon - 7pm First Church of Christ, Bradford

Tues - 6:45pm Whittier Rehab. Hospital, Ward Hill, 1st floor

Fri - noon Presbyterian Church, 346 Broadway, rear

Sat - 5:15pm Whittier Pavilion, 76 Summer St., side door left

Seniors Passes to State & Federal Parks

Massachusetts seniors 62 & older can purchase passes for a nominal fee of \$10 for all **Massachusetts state parks** that charge a parking fee during the period parking fees are charged. Copy of MA driver's license or other official proof of MA residency is required. Info. On SeniorMassParks at www.mass.gov. Also, a similar \$10 lifetime pass for residents over 62 for **national parks** is available at participating federal recreation sites. Passes can be obtained on line or by mail as well for a \$20 fee. Visit www.store.usgs.gov/pass/senior for more info.

Wingate At Haverhill

Invites Seniors in the Community

To a Complimentary Healthful Breakfast

the First Tuesday of each month at 9AM

At Wingate at Haverhill, 190 North Ave. Limited Seating--call

978-372-7700 for **Reservations**



ATTENTION: VETERANS

Department of Veterans Services
At Haverhill Citizens Center
10 Welcome St., Haverhill, MA 01830

Director: Michael G. Ingham

Secretary: Betty Burnell

VA Hospital Transportation: Michael Goulet

Office Hours: 8am to 4pm Monday - Friday

Second Floor/Veterans Office

Phone: 978-374-2351 Fax: 978-521-2626

SENIOR CITIZEN VETERANS

or the WIDOW(ER) OF A VETERAN

Massachusetts Department of Veterans Services

Massachusetts General Law Chapter 115

Financial Assistance Benefits

Senior citizen veterans or widow(er) of a veteran may be eligible for monthly financial assistance & reimbursement of medical expenses if your income is within certain guidelines. Note: house of residence & vehicles are not counted as assets.

To apply for Massachusetts General Law Chapter 115 benefits:

Haverhill residents: contact Michael G. Ingham Veterans Director for Haverhill at 978-374-2351; office hours 8-4 PM

Groveland residents call the Council On Aging for appointment: 978-372-1101, 8-4PM. Veterans Agent Office hours are 6-7:30 PM Third Tuesday of each month.

Message from Executive Office of Elder Affairs

Senior Care Options (SCO) Program brings

Medicare & MassHealth together & is especially for MassHealth members. Seniors, 65 years of age or older, who meet the MassHealth financial eligibility criteria, may be eligible for SCO. SCO:

- will provide Medicare Part D Prescription Drug coverage without any co-payments
- offers dental, vision and hearing-aid coverage
- offers individualized care: each member's doctor & a team of professionals design each care plan & each member has 24 hour access to a team of professionals.
- members keep all their MassHealth benefits.

More info: 1-888-885-0404 and 1-800-841-2900

TTY: 1-888-821-5225

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- Orthotics/Prosthetics
- Pet Assisted Therapy
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www.assistedlivingcenter.org

Senior Citizen Veterans/Widow(er) Program



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